



## The Importance of Knowing One's Bone Mass Density

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Calgary, Canada based premium nutritional supplements company Nutriden Inc. has highlighted the role of knowing one's bone mass density as a part of its osteoporosis and bone health awareness campaign.

As people age, they begin to understand the woes of the unhealthy decisions they made during their youth. This is especially true when it comes to issues around bone health. According to Tom Schumlich, owner at Nutriden Inc., "The best time to build bone health is during one's youth. By consuming the right amount of calcium and vitamin D one can build strong bones that will last a lifetime."

A person's bone health can be checked by calculating their bone mass density. This is because bone mass density decreases as a person grows older, thus indicating a person's chances of developing osteoporosis. It is measured through a central dual-energy x-ray absorptiometry, also known as the central DXA test. It calculates a person's T-score, which can help determine a patient's risk of developing osteoporosis. According to the National Institute of Health, a T-score between +1 and -1 indicates normal bone health. A T-score between -1 and -2.5 indicates that the person has low bone mass, although not low enough to be diagnosed with osteoporosis. A T-score of -2.5 or lower indicates osteoporosis. The greater the negative number, the more severe the osteoporosis.

Having a low bone mass density, but one not low enough for an osteoporosis diagnosis is called osteopenia. It is a condition that can develop due to the presence of many factors such as heredity, low bone developing during a person's youth, a medical condition or medication that negatively affects bone health or abnormally accelerated bone loss.

Checking one's T-score on a regular basis is a great way of keeping track of one's bone health. For other tips on maintaining bone health and preventing osteoporosis, visit Nutriden Inc.'s official website or check out its products at the Amazon Marketplace.

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## **Nutriden Inc**

*Nutriden Inc. is a privately held company committed to providing it's customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.*

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